

Discover Montana's Delicious Treasures



July
2014

Activity 2 – Follow the Rainbow to Build a Treasure Meal

1. Distribute a My Tray handout to each student, or use the handouts from Activity 1 (coloring around or over the food group names).
2. Instruct students to trace the outside of each section of the tray with the appropriate color as shown on the "Build a Healthy Lunch" handout. Then have them draw their favorite lunch choosing foods from at least three of the colors/food groups on the tray. Our bodies need foods from all of the groups to be strong and healthy. Within each food group/color we also need to eat a variety such as a variety of colors and types of vegetables. Even if you ate broccoli all the time you would not be healthy because your body needs nutrients that broccoli doesn't have, like protein!
 - Combination foods: These are foods that would fall in more than one colored section of the tray because they contain a combination of foods. An example is cheese pizza. It contains a grain serving and a protein serving (cheese), so it would be in both the brown segment and the purple. Add red peppers and spinach to your pizza and it can be included in the veggies/green section too!
 - Reminder: School meals are planned to encourage students to make half their plate fruits and vegetables so be sure to take a fruit or vegetable at lunch and breakfast. Does your school offer a salad bar or fruit and veggie bar to provide a variety of choices to the students? Students are now required to have a serving (1/2 cup) of fruit or vegetable or a combination on their tray with an additional two items to make their lunch reimbursable (three of five components, with one being a fruit or vegetable). If they do not have a fruit or vegetable they will be charged a la carte prices. Your school food service manager or head cook can provide additional information to you or the students
3. Have students share their ideas/drawings and describe how their choices fit in the different colors of the tray.
 - Discuss why each of the students' meals is a rainbow meal or not. Other students can provide recommendations how to change the meal if it is not a rainbow meal.
 - Tip: To reinforce the "build a rainbow" concept, read the daily menu to the students each morning and discuss as a class what color each menu item belongs.
 - Encourage students to "build a rainbow" each meal by making sure that throughout the day (breakfast, lunch, dinner, and snacks) they are eating food from all food groups/sections and a variety of foods within each food group. At each meal they should make sure they are eating at least three of the five components (food groups) and including a fruit and/or vegetable. It is easy to demonstrate variety by eating foods of different colors (naturally different colors). Would potatoes and rice be a very colorful meal? What would be a "rainbow" meal? Ask the students to write down what they had during a recent meal (lunch that day or dinner last night) and determine if they had a rainbow on their tray. Have students share their meals. What could they do to make sure they have a rainbow on their tray for their next meal?